



# Our Lady of Mount Carmel

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## Newsletter Term 3 Week 5

### PRINCIPAL'S MESSAGE

Dear Parents

Last Friday Olympia and I attended a Child Protection course. One of the key learnings and discussion to come out of the morning was that parents need to monitor their child(ren)'s online presence and ensure that they are cyber safe. As parents of 21<sup>st</sup> century, tech savvy children who live, like we do as adults, in a extremely different world to when I grew up, we need to be aware, nosey, checking (snooping), praising safe online behaviour and keeping up to date with the many changes. If we aren't aware of technology and apps in today's world, we are sticking our heads in the sand. Furthermore, we need to have discussions with our children continually about not judging themselves against what is posted and portrayed in an online and at times over sexualised world. If we don't continually have these discussions with our children, they will judge themselves against the social influences that are portrayed through the media, television shows and commercials, advertisements throughout the community and the online social world.

Parenting can be a tough and thankless job. Often, we say that we need to be aware of everything that's going on in our children's lives but sometimes our lack of awareness can be costly to our children.

To be "aware" parents and maintain harmony within our family, we need to have a proper set of family rules, understandings or expectations that are based on our family values. For example, if one of our expectations is for our children to maintain good results at school, we need to have what could be called preventative rules such as completing daily homework, reading every night, limits on television and Internet access time, balance of sporting, cultural and social activities with study time. Personally I understand that this is not easy and as we become busy we forget to be "aware". As children's access to the online world increases through phones, laptops, gaming devices and televisions, we need to set down clear rules and expectation, including but not limited to viewing and gaming time, location of these devices and ensuring that appropriate filters are applied relevant to the age.

If we set rules and create a structure that assists children along the way, it maximises their chances for success. For us, it allows us to be involved so that we can be aware of problems early and resolve them before they become overwhelming.

Of course, the hardest yet most important thing for parents to do is to be consistent. If our rules or understandings are not enforced, it's the same as not having them at all and can undermine the effectiveness and structure of our family. Our children need to know that they can count on us to be consistent and dependable. They need to know that we are still not sitting on the fence. Letting things slide until they become big things, will create confusion and resentment in our children. We need to consistently follow through on what we have said, for only then will our rules and understandings be consistently followed.

Often we fail to give our children, particularly if they are in their teens, guidelines and boundaries because we are afraid of confrontation or want to be their friends. However, we cannot afford to shirk our responsibilities, being fence sitters, simply for the sake of keeping the peace. Our children can be lost to us and deprived of their future if we are afraid to move out of our comfort zone and be proactive parents.

Ultimately, as parents we are the lifelong educators of our children in so many different and various ways.

*"God, our Father, help us to have the courage of Your Son, Jesus, when we are confronted by the difficult aspects of parenting. As with Your Son, we know that the reward will be great if we accept the responsibilities that are ours alone. Please be with us all the way. Amen."*

All the very best for the week ahead

*Steven Jones*  
Principal

**The Community of OLMC is Safe and Respectful**

## UPCOMING DATES

### Week 5

**Wed:** 8:15am Morning Workout (K-Yr3)  
9am-3pm Backyard League (Yrs 3-6)  
7-10pm Captivate performance @ Sports Arena Homebush

**Thu:** Yr1 Symbio Wildlife Gardens  
Diocesan Athletics Carnival

**Sun:** Tournament of Minds Final

### Week 6

**Mon:** 9am Assembly-1G

**Tue:** 8:15am Morning Workout (Yr4-Yr6)  
8:30am-3pm Netball Gala Day

**Wed:** 8:15am Morning Workout (K-Yr3)  
Father's Day Stall

9am-3pm Backyard League (Yrs 3-6)

**Thu:** Yr5 Excursion - North Head

**Fri:** Jersey Day, 8am Father's Day  
Breakfast & 9:15am Father's Day Mass

### Week 7

**Mon:** 9am Assembly- KB  
*Book Week Assembly and activities*

**Tue:** 8:15am Morning Workout (Yr4-Yr6)  
MUFTI DAY DROUGHT APPEAL

**Wed:** 8:15am Morning Workout (K-Yr3)  
9am-3pm Backyard League Yrs 3-6)

**Fri:** 8:30-3pm Stage 2 Touch Gala Day @  
The Kingsway St Marys

### Week 8

**Mon:** 9am Assembly- KG

**Tue:** 8:15am Morning Workout (Yr4-Yr6)  
6:30pm Band Concert

**Wed:** 8:15am Morning Workout (K-Yr3)

## NOTES HOME

### Today

- Fathers' Day Raffle Tickets

### Last Wednesday

- Father's' Day Breakfast

### Tuesday

- Captivate Note

### SCHOOL FEES

School Fee Statements have been sent and Term 3 fees are now due.

If you have paid already thank you for your prompt payment.

## MERIT AWARDS

KB	Joseph, Jolenta	4B	John, Serena
KG	Yara, Yelesta	4G	Logan, Kashvi
1B	Adam, Shivani	5B	Chris, Jessica
1G	Malek, Gabrielle	5G	Zara, Tunga
2B	Chelsea, Lucas	6B	Skyler, Ishana
2G	Billy, Mekanaka	6G	Amelia, Andrea
3B	Irene, Riona	CA	Arkyn, Mia
3G	Azhric, Mia	PE	Ashley, Paul

## STAR CARD AWARDS

**Gold Awards:** Sabrina, Jose, Estelle, Jasmine, Jayden,

Yara, Zachary, Leah, Amelia, Kiara, Malith, Ethan, Angelina, Gabrielle, Luke, Saadhana, Riona, Aryan

**Opal Awards:** Ava, Thomas, Anabel, Jeyaan, Olivia, Steven, Amelia, Elouise, Aibel, Alanna, Rohan, Dennis, Angela, Jada

**Platinum Awards:** Lila, Sophia, Mia, Rihanna, Rohan, Angelina, Liya, Edward, Matilda, Charlotte

**Principal's Awards:** Marcus, Grace, Chloe, Elizabeth, Jayden



## NAPLAN ONLINE SCHOOL READINESS TEST

Next week the children in Year 3 and Year 5 will participate in the NAPLAN Online School Readiness Test. This is a chance to test our school and system infrastructure and to familiarise the children and staff with the new style of NAPLAN Online due to commence in 2019. All families are welcome to view the [Demonstration Tests](#) at the NAPLAN website. There will be no results from this test shared with parents.

**Please note: 2018 NAPLAN Results are due in early September.**

## PREMIER'S READING CHALLENGE

Less than Two Weeks left! Be sure to get your reading record completed online. Congratulations to the following children who completed the challenge this week: Thomas, Vincent, Michael, Jarrod, Faustina and Sajeeth.

## FATHERS' DAY

After breakfast Dads, Grandfathers and other male role models are invited to join us at Mass at 9.15am. Please note, on this day students will be able to favourite jersey with their sports uniform as part of [Jersey Day](#).



## SPOTLIGHT ON RE

We are now half way through the term and classes are beginning their second unit. Have you ever lost your child? How have you felt? What did you do? Kindergarten scripture is based on Jesus being lost in the temple. Year 1 are beginning a unit on senses as a gift from God. Children in Year 2 are beginning to look more closely at the gift of Eucharist and what it is and means. Primary grades are investigating Creation, the Bible, Faith Communities and the Sacraments of Service. Some language you could use in discussions with your children may include: *temple, lost, Jesus, senses, gifts, what we use our senses for, Eucharist, sacrifice, memorial, present, stewards, creation, Old Testament, New Testament, gospels, rites, rituals, liturgy, sacrament, Holy Orders, Marriage, priest, deacon, bishop.*

## BAND

There will be no music lessons this Friday 24 August. Make-up lessons will run on Monday 27 August beginning with early band at 7:45am.

## DROUGHT APPEAL - MUFTI DAY

Children are asked to wear casual, comfortable clothes on Tuesday 4th September and donate a gold coin to help support our farmers during the drought. Money raised will be given to Vinnie's Drought Appeal. Children will also be writing messages and making cards to send to the children/families from St John's primary School, Cobar who are badly affected by the drought.

## CHILDREN'S SACRAMENTAL PROGRAM

**FIRST HOLY COMMUNION:** It was wonderful to see and hear from so many parents on Monday night. Your enthusiasm and love for this sacrament should make for some very interesting workshops. Just a reminder that the **Commitment Ceremony will be at the 6pm Mass, this Saturday, and at the 10:30am Mass, this Sunday.** You can choose which one you and your family would like to attend. We look forward to seeing you then!

## BOOK WEEK CELEBRATIONS

This year our Book Week Celebrations will take place on Monday 3rd September. The theme this year is '**Share Your Treasure**'. The children will have the chance to dress as a **book character** on the day not a superhero or movie character. There are many characters who are children in stories and we encourage you to raid your wardrobe, get crafty and see what you can come up with.

We will be holding make a costume workshops for children who need some help at school during lunchtime from next week. If you have any unwanted dress up clothes, fabric scraps or crafty bits you no longer need please send them to the office for the children to use. We will also hold a Book Swap so check to see if you have any books still in good condition.

## P&F NEWS

**Second Hand Uniform Shop** We would like to thank Kelly for volunteering to coordinate the Second-Hand Uniform Shop. We are very grateful for your gift of your time. Kelly has previously been our PRC representative and has now decided to change roles and organise the 2<sup>nd</sup> Hand uniform shop. The shop will now be open on Monday afternoon from 2:45pm. If you have any donations for the Second-Hand uniform shop, please send them in to the office.

**Fathers' Day Stall** The Fathers' Day Stall is coming up on Wednesday 29<sup>th</sup> August. This is an opportunity for the children to buy a gift for their father, grandfather or father figure. Anyone willing to help on the day, even if it is only for an hour, please save the date in your diaries and click on the link to complete a [helper form](#). If you need more information, please contact Sonia Farah on 0431 692 960 or Joanne Sakr 0418 623 867.

**Fete Meeting** As you will know by now our school and parish fete date for 2019 has been set for Friday 22nd March 2019. Please make sure it is in your calendar! This is the major fundraising event for the school and parish.

**Our first fete meeting will take place Wednesday 29<sup>th</sup> August at 7pm** in the Parish Centre. This is a great opportunity to come along and find out more about how our fete works and what you can do to help. You don't have to put your hand up now, just come along and see what we have planned and consider how you want to be involved in making our 2019 fete the best ever.

A reminder that if you have a business that is looking to advertise in the community, consider signing up for a sponsorship package. There are 4 levels of sponsorship, each with their own rewards. Sponsorship information can be obtained from the school office or please email us at [olmcfete@gmail.com](mailto:olmcfete@gmail.com) for further information.

This column is compiled by the P&F. If you have any queries or wish to contribute, please email [olmcwenty@parra.catholic.edu.au](mailto:olmcwenty@parra.catholic.edu.au) and attention to P&F Communications.

# What's Happening In Kindergarten?

## Visiting the Church with Fr Martinho



This Term we visited the church where Fr Martinho explained the different parts of the church. He answered all of our questions about the church.

*"My favourite part was when Fr Martinho showed us his priest clothes."*

**Olivia M**

*"I like the songs that are played in the church."*

**Alessandro**

*"My favourite part was the altar because Jesus sat at a table with his disciples where he broke the bread."*

**Adelaide**



## Minchinbury Fruit Market Excursion

On Wednesday the 8th August Kindergarten went on an excursion to Minchinbury Fruit Market. We learnt about where our food comes from and how it gets to our house. We sampled some of the yummy fruit, it was delicious! We even did some shopping and bought some fruit and vegetables to eat for our Fruit and Friend break. We bought some eggs and got to use them last week to make zucchini slice and cupcakes. We saved the cupcakes to eat at our Teddy Bear's Picnic.

*"I liked the strawberries"*

**Paul**

*"My favourite part of the fruit market was when my group had to collect the cucumbers."*

**Olivia L**

*"My favourite part of the fruit market was eating the fruit salad. It was sooo Yummy!"*

**Krishna**



## Teddy Bear's Picnic

On Friday 17th August Kindergarten brought their teddies to school to enjoy a Teddy Bear's Picnic. We participated in lots of fun activities such as decorating biscuits, going on a bear hunt, making teddy bear headbands and a teddy bear race. We also ate some yummy tiny teddies and cupcakes that we made with Miss Pirovic. There were lots of mums, dads and grandparents who came to enjoy a picnic lunch with us on the playground.



*"My favourite part was watching the teddy bear movie."*

**Thomas D**



*"My favourite part was making the biscuits because they tasted so good."*

**Samuel**



*"My favourite part was the bear hunt, when we went in the cave and saw the bear."*

**Misha**

